

Suggestions for Clients

Following a Fetal or Infant Loss

After experiencing a fetal or infant loss, women will often feel confused, overwhelmed, sad, hopeless, angry and/or numb. Perinatal providers should be equipped to help link clients to services after a loss.

The Contra Costa Fetal Infant Mortality Review (FIMR) Program proposes the following for **ALL PROVIDERS**:

- ◆ Listen to Her Story.
- ◆ Inform Her about Contra Costa Crisis Center (CCCC) for Grief Counseling.
- ◆ Take the Time and Make the "Initial Call" with Her to the CCCC.
Information will be collected by CCCC. She will then be called back within 24 hours. If it is the weekend, it may take a day or two for a return call.
- ◆ If she declines assistance to the CCCC, check in periodically. There is no "right" time for grief counseling. A woman will decide when the time is right for her.

CCCC provides individual and group bereavement support following a loss at **no cost for Contra Costa residents**. For more information, visit www.crisis-center.org.

When you encounter a woman who has experienced a fetal or infant loss, please refer her to:

Contra Costa Crisis Center
Grief Counseling
1.800.837.1818

